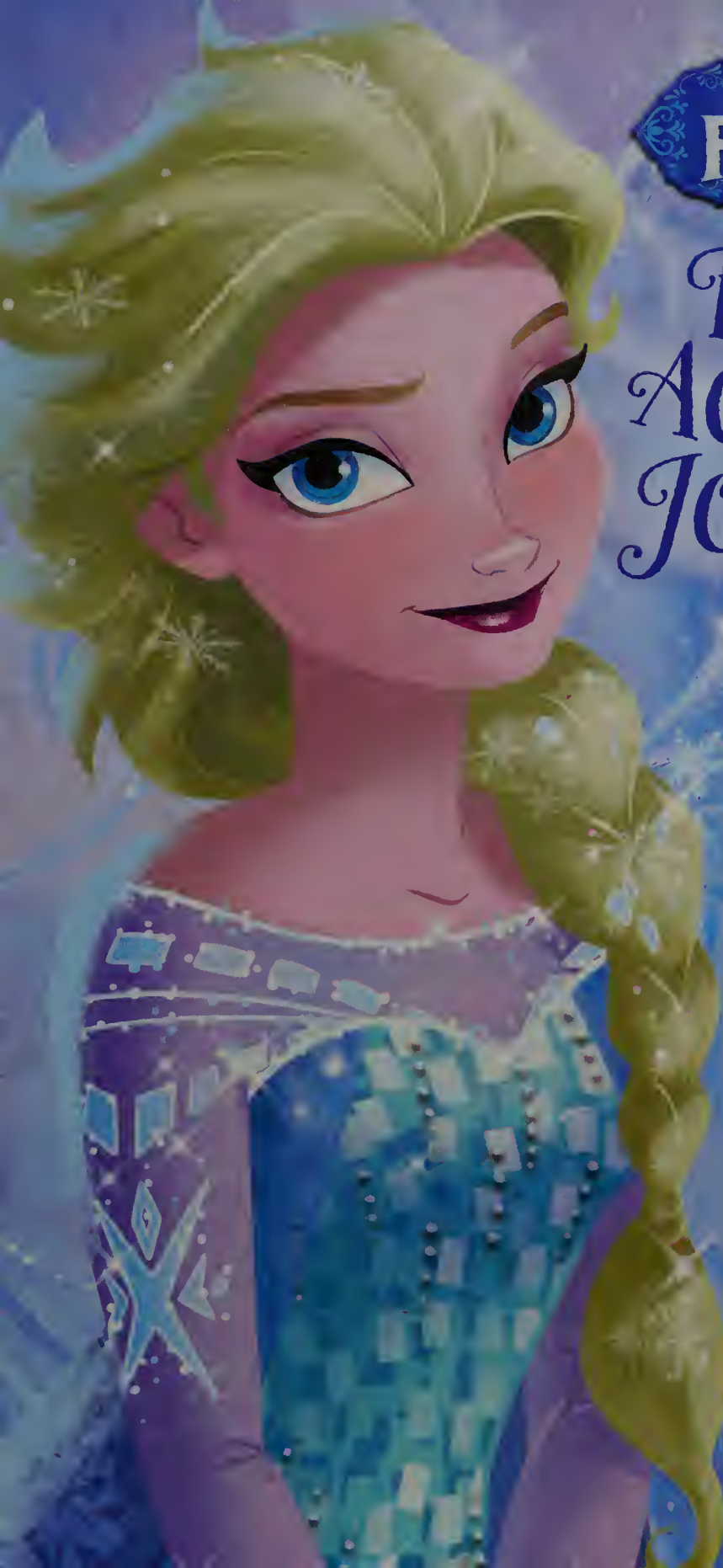




ELSA'S ACTIVITY JOURNAL







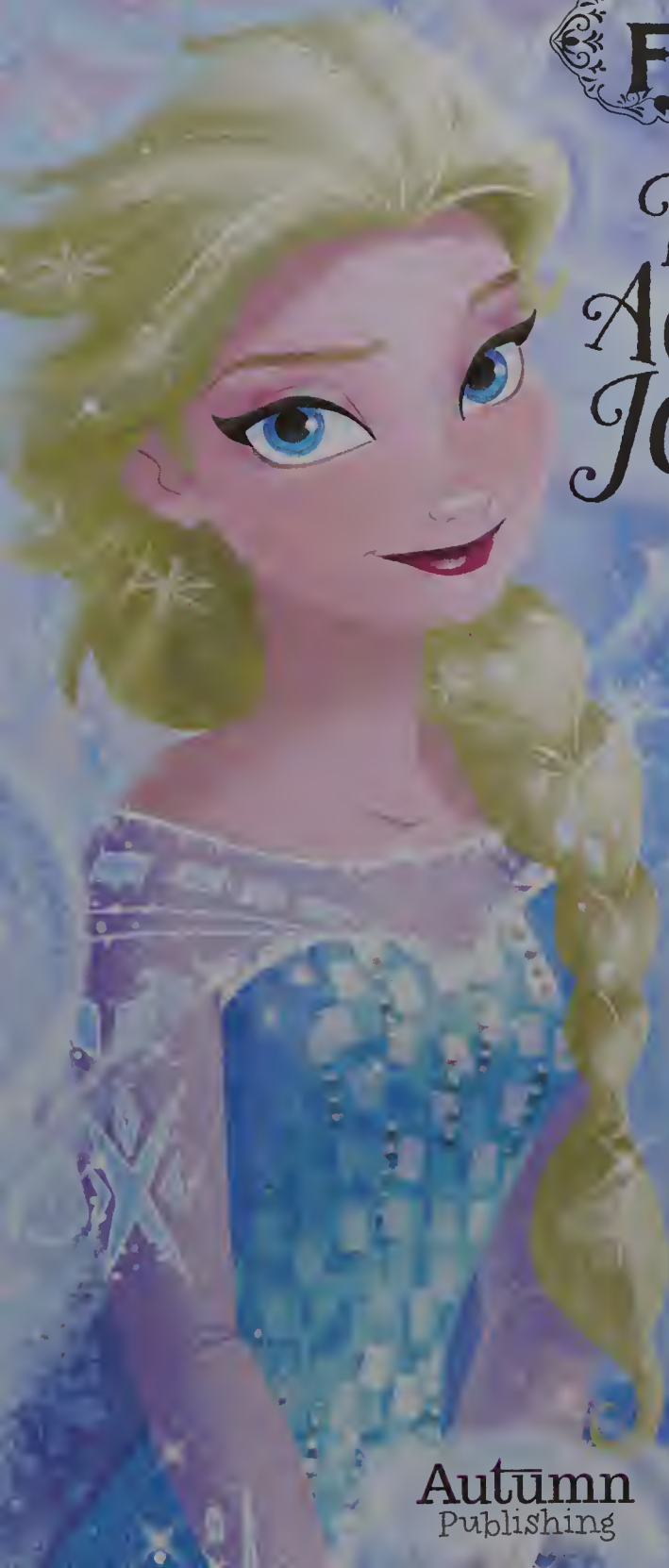
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ALL ABOUT ME



UNIQUE ME

Elsa and Anna have very different personalities.
Write down the things that make you, YOU.

Stick a
photo of
yourself
here!

How would you
describe yourself?

.....

.....

.....

.....

I live in:

.....

Eye colour:

.....

Age:

.....

Hair colour:

.....

Birthday:

.....

Height:

.....



ALL ABOUT ME

Fill in the spaces so everyone in Arendelle
can get to know more about you!

My middle name is:

.....

My friends call me:

.....

Write your signature:

.....

I have:

Long hair



Short hair



Mid-length hair



Curly hair



Straight hair



Thick hair



I was born on:

I was born in:

I weighed:

My star sign is:

My favourite quote is:

The person I look up to most is:

One unique fact about me:

MY HOBBIES

Do you love being with people like Anna, or perhaps you have animals to care for like Kristoff? Write down all the things you love to do in the space on these pages.

Draw yourself doing what you love most.



My favourite hobbies are:

1.

.....

2.

.....

3.

.....

I'm really talented at:

1.

.....

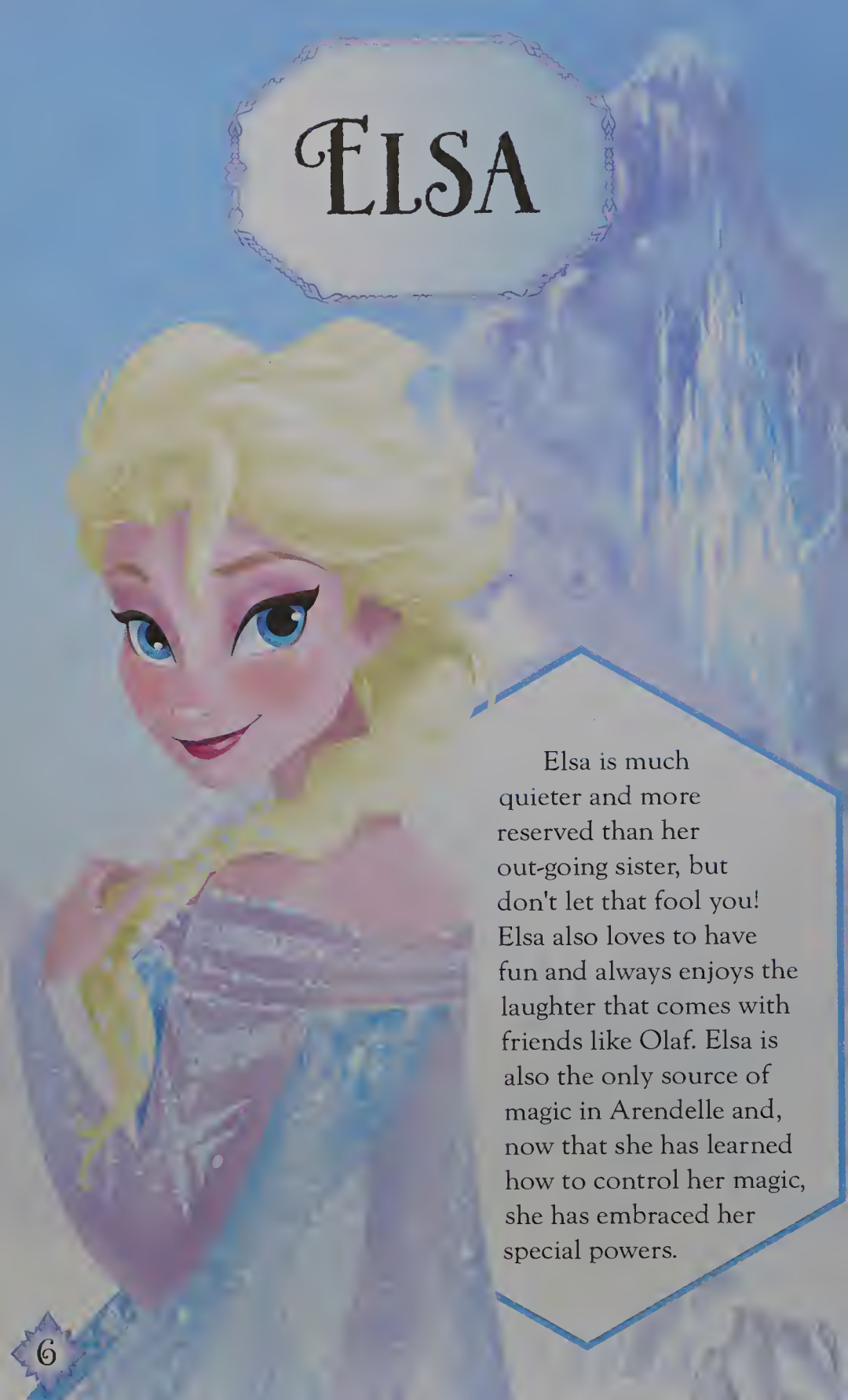
2.

.....

3.

.....



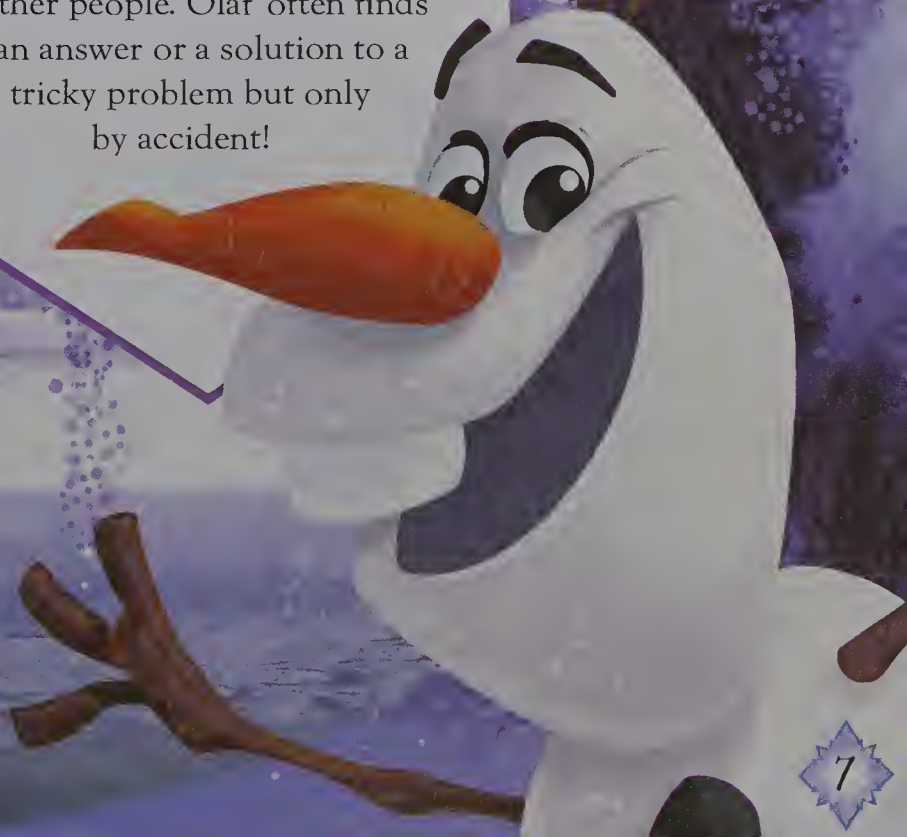


ELSA

Elsa is much quieter and more reserved than her out-going sister, but don't let that fool you! Elsa also loves to have fun and always enjoys the laughter that comes with friends like Olaf. Elsa is also the only source of magic in Arendelle and, now that she has learned how to control her magic, she has embraced her special powers.

OLAF

Olaf is a loveable, friendly snowman who loves warm hugs! He is very innocent and loves summer, never quite realising what hot sun would do to a snowman! He never worries about himself, only other people. Olaf often finds an answer or a solution to a tricky problem but only by accident!



I LOVE...

What are your favourite things?
Fill in all the spaces below.

Colour:

.....

Person:

.....

Animal:

.....

Food:

.....

Drink:

.....

Place:

.....

Time of Day:

.....

Day of the Week:

.....

Season:

.....



Book:

.....

TV Programme:

.....

Movie:

.....

Actor:

.....

Musician:

.....

Sport:

.....

Weekend Activity:

.....

Instrument:

.....

Website:

.....

Game:

.....



ENCHANTED SCRAPBOOK

USE THESE SCRAPBOOK PAGES TO STICK IN
PHOTOS AND DRAWINGS OF EVERYTHING
THAT INSPIRES YOU.



MY DISLIKES

What about the things you don't like? Fill out all your answers in the spaces below.

Worst book:

.....

.....

Most annoying song:

.....

.....

Yuckiest food:

.....

.....

I don't like doing:

.....

.....

Most boring thing ever:

.....

.....

Least favourite colour:

.....

.....

Hardest school subject:

.....

.....

Most disgusting smell:

.....

.....



SCHOOL DAYS

In the spaces below, write
all about your school!

My school is called:

I am in class:

My favourite subjects are:

My least favourite subject is:

My best teacher is:

School clubs I am part of:

At playtime I like to:

I usually sit next to:

NOW, DRAW YOUR SCHOOL HERE!



DREAM BIG!

What big things are you
dreaming about for the future?

I am inspired by:

.....
.....
.....

My biggest dream is:

.....
.....
.....
.....

When I grow up,
the job I would like
to have is:

.....
.....

One day I will:

.....
.....
.....



PROUDEST ACHIEVEMENT

WHAT IS THE THING YOU
ARE MOST PROUD OF?

.....

.....

.....

.....

.....

DRAW YOURSELF DOING THE THING
YOU'RE MOST PROUD OF!



A full-page illustration of Sven, a reindeer from Disney's Frozen. He is shown from the chest up, looking slightly to the right with a gentle expression. He has large, light-colored antlers and is wearing a small green sprig in his mouth. The background shows a snowy landscape with a wooden fence and a small building.

SVEN

Sven and Kristoff met when they were young and have been best friends ever since. Although Sven can't speak, he makes his feelings quite clear through his very telling grunts and facial expressions. His favourite food is carrots and he is completely devoted to Kristoff and very rarely leaves his side.

FASHION FAVOURITES

Anna loved dressing up for the Coronation Ball.
Write all about your fashion style below.

My best outfit is:

.....

.....

.....

.....

.....

My coolest
accessories are:

.....

.....

.....

My favourite
shoes are:

.....

.....

.....

.....

My favourite
hairstyle is:

.....

.....



MY FAMILY

Use these pages to tell Elsa and Anna all about your family. You can also include photos.

Stick a
photo here!

Name:

Their magical power would be:

.....

I love this person because:

.....

.....

.....

Stick a
photo here!

Name:

Their magical power would be:

.....

I love this person because:

.....

.....

.....

Stick a
photo here!

Name:

Their magical power would be:

.....

I love this person because:

.....

.....

.....

Name:

Their magical power would be:

.....

I love this person because:

.....

.....

.....

Stick a
photo here!

Stick a
photo here!

Name:

Their magical power would be:

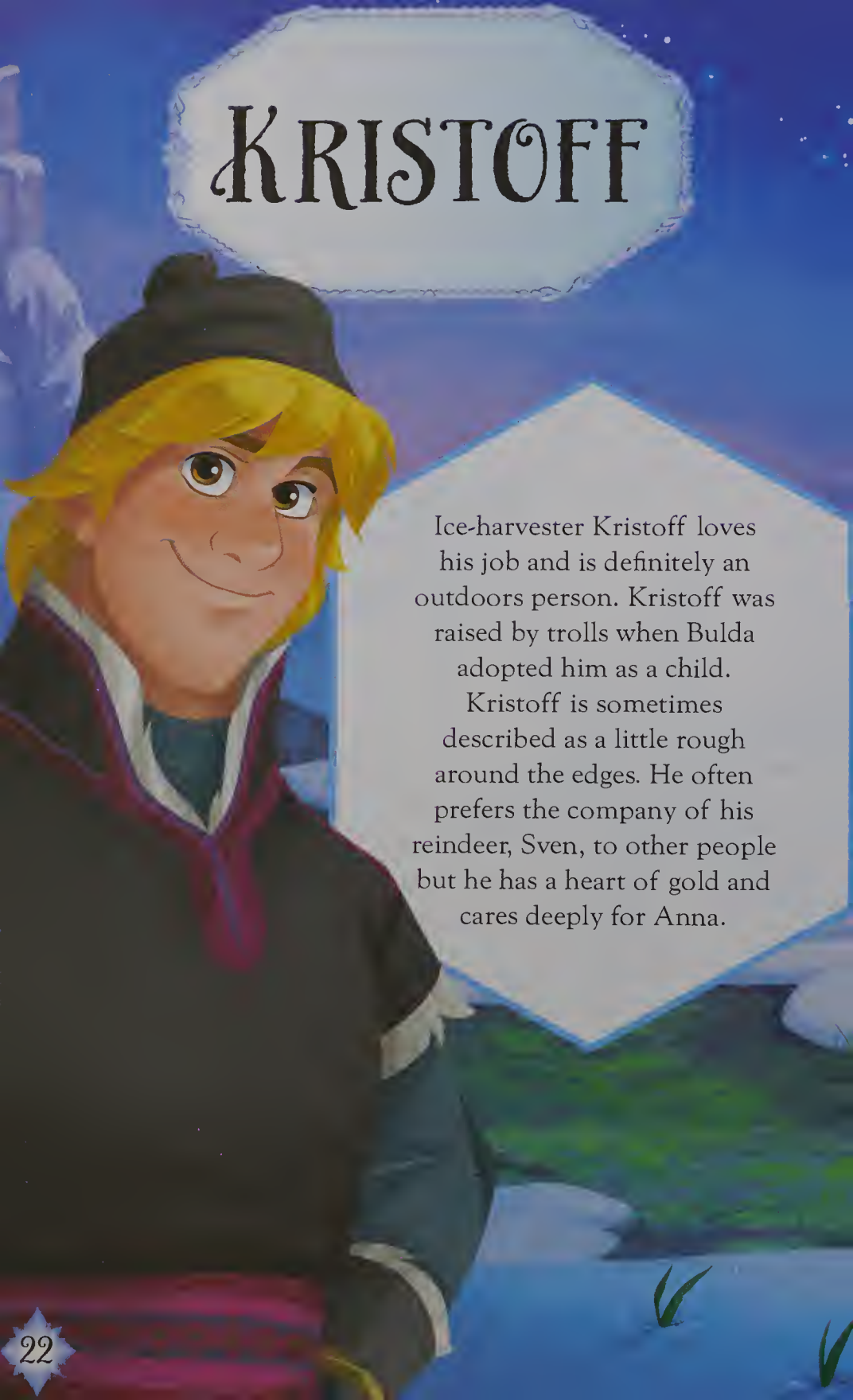
.....

I love this person because:.....

.....

.....

.....

A cartoon illustration of Kristoff from Disney's Frozen. He is a young man with blonde hair, wearing a black hat and a dark brown tunic with a red collar. He is smiling and looking towards the right. The background is a snowy, mountainous landscape under a blue sky with stars.

KRISTOFF

Ice-harvester Kristoff loves his job and is definitely an outdoors person. Kristoff was raised by trolls when Bulda adopted him as a child.

Kristoff is sometimes described as a little rough around the edges. He often prefers the company of his reindeer, Sven, to other people but he has a heart of gold and cares deeply for Anna.

DEAR DIARY

Write down your thoughts,
feelings and secrets here.

DEAR DIARY

.....

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Continue over page



MY FRIENDS

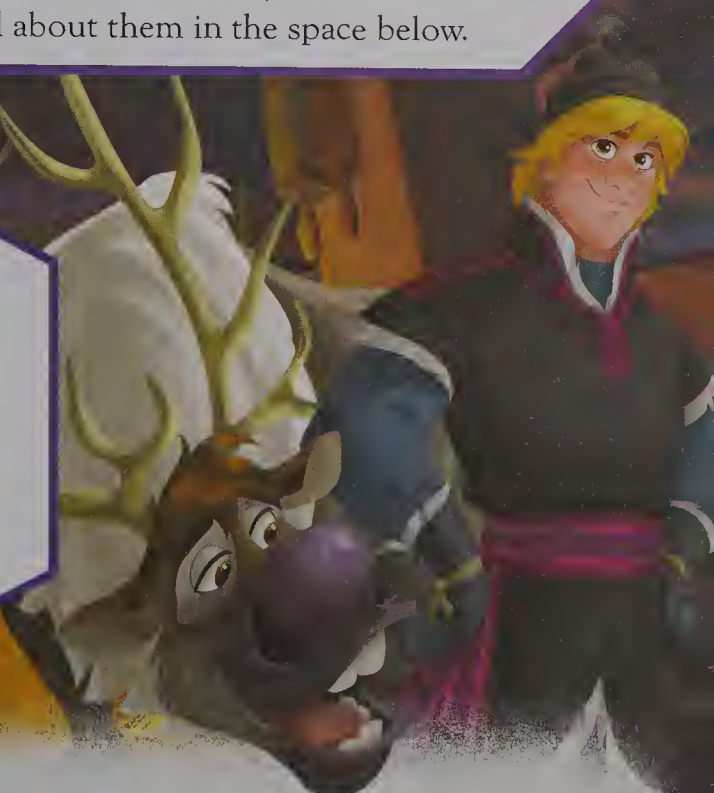


MY BEST FRIEND

Sven and Kristoff are best friends. They do everything together! Who is your best friend?

Write all about them in the space below.

Stick a photo of your
best friend here!



Name:

Birthday:

Likes:

Dislikes:

I have known this person for years.

BEST FRIENDS

Kristoff has lots of other friends, too. Write about everyone in your group of friends below.

Stick a
photo here!

Name:

I love this person because:

.....

.....

.....

.....

.....

Stick a
photo here!

Name:

I love this person because:.....

.....

.....

.....

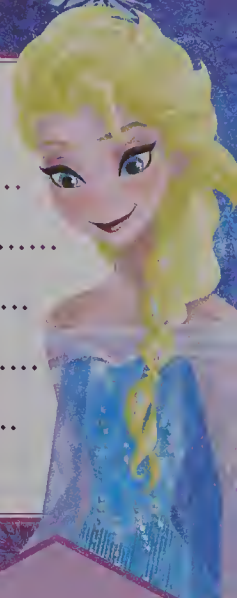
.....

.....

Stick a
photo here!

Name:

I love this person because:.....
.....
.....
.....



Name:

I love this person because:.....
.....
.....
.....
.....
.....

Stick a
photo here!

Stick a
photo here!

Name:

I love this person because:.....
.....
.....
.....
.....
.....

FRIENDSHIP RULES!

Friendship makes Elsa and Anna happy.
What does friendship mean to you?

What I love most about my friends:

.....

.....

.....

What I do to be a good friend:

.....

.....

.....

My number one friendship tip is:

.....

.....

.....

.....

DRAW A PICTURE OF YOU AND
ALL YOUR FRIENDS IN THE
SPACE BELOW.



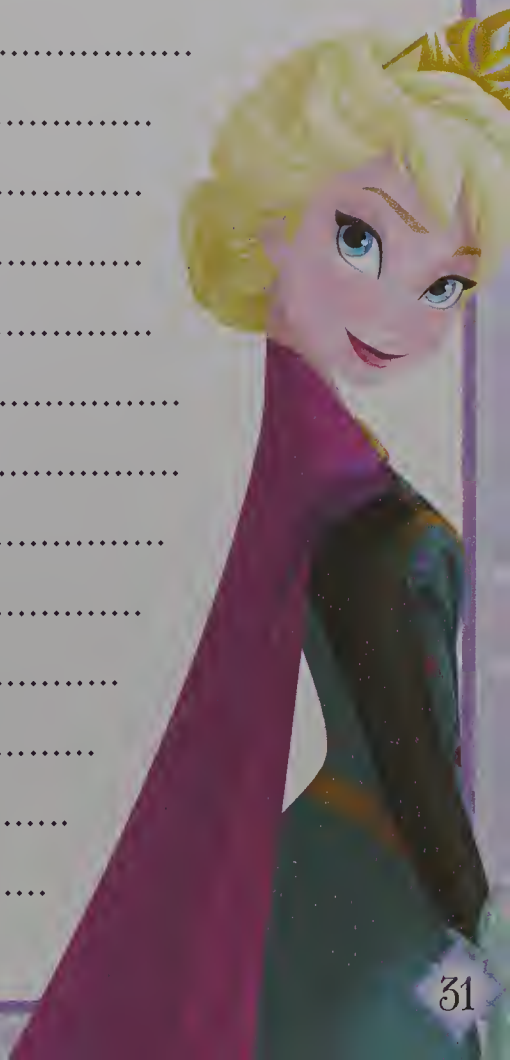
PERFECT OUTFIT

In the space below, design a new outfit for your best friend to wear.



DREAM DAY OUT

If you were to plan a dream day out with all your friends, what would you do? Write your ideas below.

[illegible]

FUN TIMES!

What do you and your friends like to do together? Tick the boxes below.

Bake

Sing songs

Play sport

Draw

Write stories

Go to the park

Play music

Dress-up

Play games

Watch TV

Play with pets

Go jogging

Make up
dances

Go to the
cinema

Talk



ANNA

Anna is enthusiastic and fearless in equal measure. Unlike her reserved sister, Anna loves being at the centre of the action. Sometimes, her endless enthusiasm means that she can act before she has properly thought things through. She is very determined and has a habit of making things happen. Anna is very close to her sister and there is no sibling squabbling between the two of them.



CHARACTER MATCH

Read about the *Frozen* characters below and try to work out who each description is referring to. Then, turn the page to find out if you are right.

A

_____ loves being at the centre of the action. They can often rush into a situation before thinking of a plan, but that never worries them.

B

_____ is quietly determined but likes to keep their very special talents hidden. When somebody really needs them, they are always ready to help.

C

_____ often acts like they're really tough but everyone knows that they are a big softie at heart. They also love looking after animals.

D

_____ is ruthless and always firmly focused on getting exactly what they want, even if it upsets other people!

E

_____ thinks everything is amazing and gets excited by every little thing. They are friendly and always have other people's interests at heart.

F

_____ isn't great with communication but their actions speak much louder than words. They are a very loyal friend. Carrots are their favourite food!

G

_____ is very wise but a lot of their past remains a mystery, even to their closest friends. They always have good advice for anyone who needs it.

H

_____ always appears to be calm, reasonable and helpful. However, anyone who upsets them should watch out!



CHARACTER MATCH

A



Anna

B



Elsa

C



Kristoff

D



Hans

E



Olaf

F



Sven

G



Grand Pabbie

H



Oaken

BEST OF FRIENDS!

Decorate this picture of Elsa and Anna



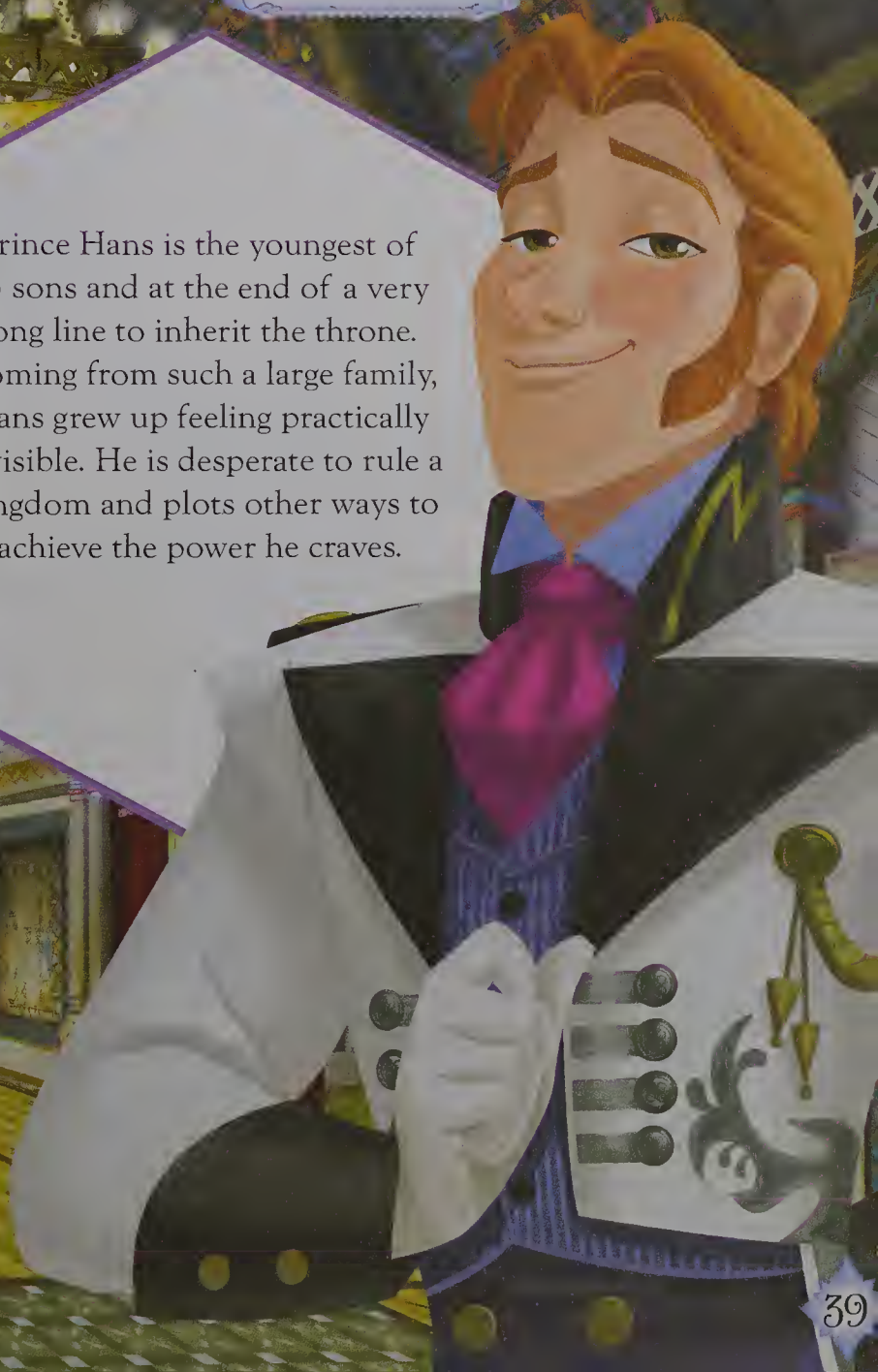


TROLLS

The Trolls live in the mountains and never visit Arendelle. By their own choice, they only come out at night. The Trolls can roll up and disguise themselves as rocks and very rarely unroll themselves for strangers.

HANS

Prince Hans is the youngest of 13 sons and at the end of a very long line to inherit the throne. Coming from such a large family, Hans grew up feeling practically invisible. He is desperate to rule a kingdom and plots other ways to achieve the power he craves.



SUPER SLEEPOVER

Use these pages to plan an amazing
sleepover for you and your friends!

Date:

Time:

Who's going:

.....

.....

.....

.....

.....

.....

We will wear:

We will talk about:

We will watch:

We will eat:

We will listen to:

.....



WHAT ELSE WILL YOU DO?

Paint each
other's nails

Sing along to
your favourite
songs

Put on
an amazing
show

Do each
other's
hair

Bake some
yummy
treats

Make up a
dance routine

NOW WRITE SOME IDEAS OF YOUR OWN.

1.
.....
2.
.....
3.
.....
4.
.....

In the space below, write secrets that you would only share with your best friends.

42

PABBIE

Grand Pabbie is said to be as old as the Earth. He is a very wise troll but keeps mysteriously quiet about his past. People often turn to him and his healing powers in times of crisis. He is always happy to share advice but sometimes his riddles are misunderstood. He is known as Grand Pabbie after his son, Bulda, adopted Kristoff.



LET'S DANCE!

Anna fell in love with Hans after dancing with him at the ball. Create your own dance routine and then teach it to your friends.

Draw or write each step in the spaces.

A

B

C

D

ℰ

ℱ

ℊ

ℋ

ENCHANTED SCRAPBOOK

USE THESE SCRAPBOOK PAGES TO
STICK IN PHOTOS AND DRAWINGS OF
EVERYTHING THAT INSPIRES YOU.



MY MEMORIES

Write down special memories you share
with your friends, so you can
treasure them forever.

.....

.....

.....

.....

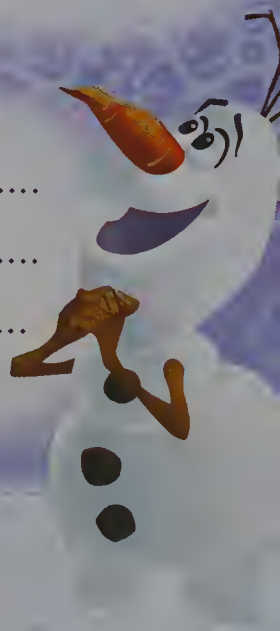
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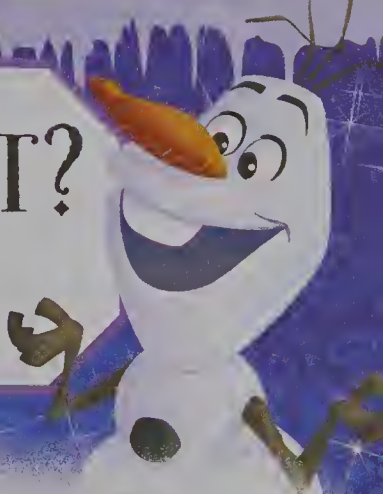


ACTIVITIES



THIS OR THAT?

Read the options below
and tick which one you prefer!



TICK THE ONES YOU PREFER



Books

or



Movies



City

or

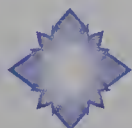


Beach



Singing

or



Dancing



Fruit

or

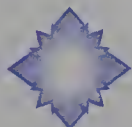


Vegetables



Day

or



Night



Puppies

or



Kittens



Summer

or



Winter

MY DREAM BEDROOM

Time to get creative and design
your dream bedroom.

DRAW YOUR DREAM
BEDROOM.

My curtains would be:

My bedding would be:

My floor would be:

My walls would be:

The thing I like best in my dream bedroom is:

.....

My bedroom is (tick box): Tidy ☐ Messy ☐



IDEAS:

Will your dream bedroom
be really colourful or
neutral?

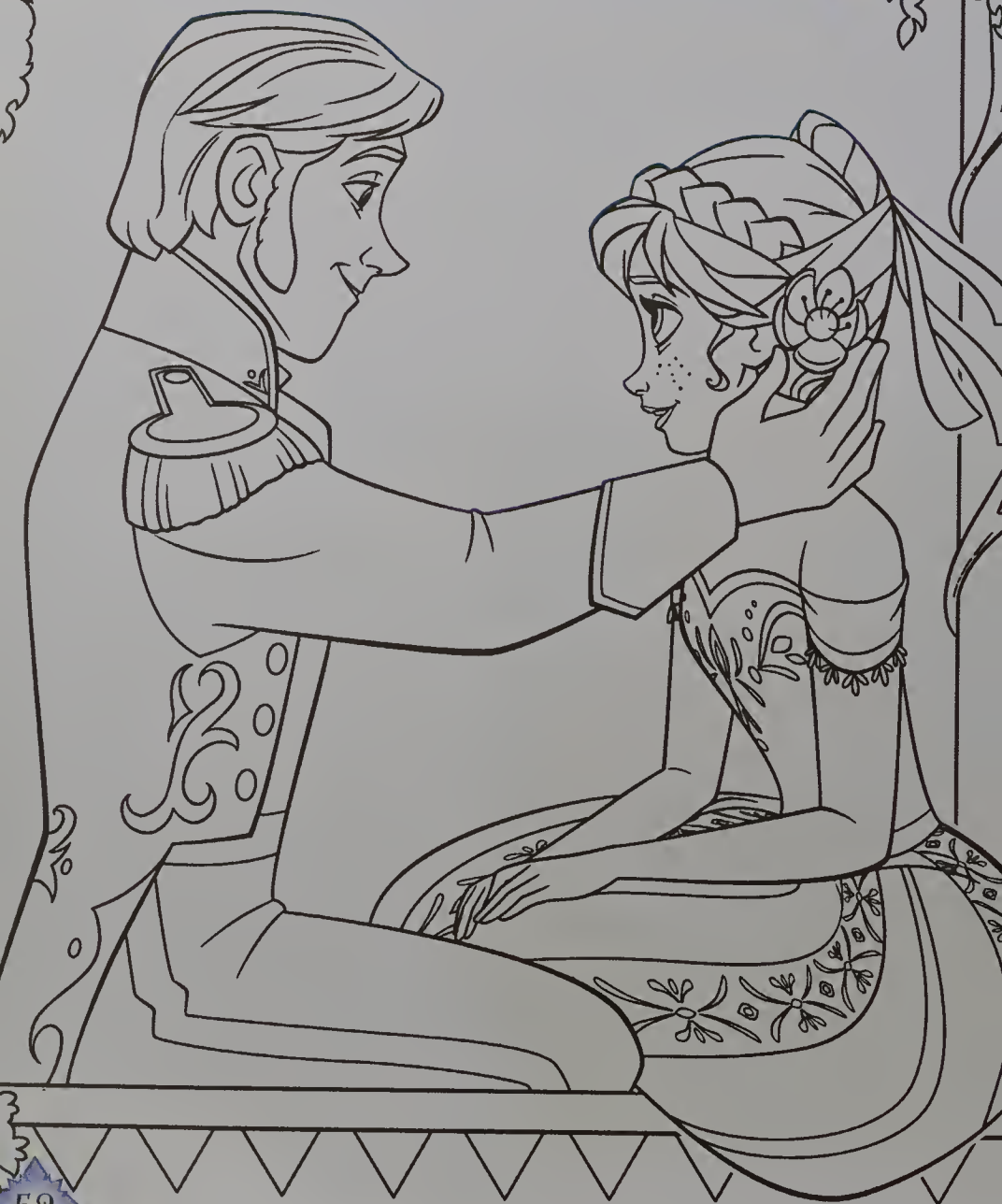
Will you cover the
walls with posters?

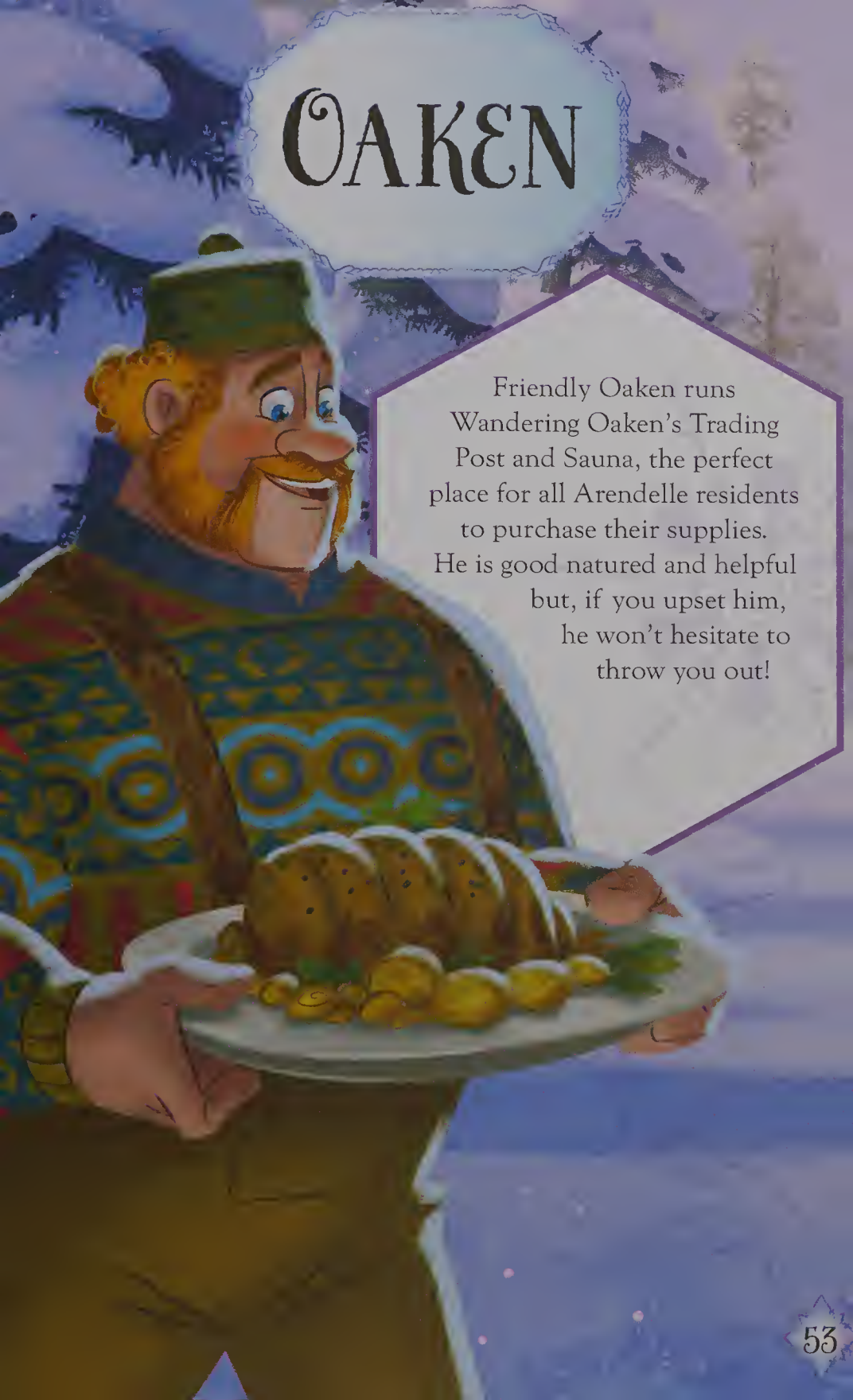
What storage will
you have?

How big will
your bed be?

DECORATE!

Use your best pens to
decorate Anna and Hans!



A full-page illustration of Oaken, a large, bearded man with a green cap and a patterned tunic, holding a plate of food. The background is a snowy, mountainous landscape. The title 'OAKEN' is in a decorative frame at the top.

OAKEN

Friendly Oaken runs
Wandering Oaken's Trading
Post and Sauna, the perfect
place for all Arendelle residents
to purchase their supplies.
He is good natured and helpful
but, if you upset him,
he won't hesitate to
throw you out!

DREAM DAY

Write about the adventures you would have if
you could do anything you liked for a day.

What would you do?

.....

.....

.....

.....

.....

.....

Where would you go?

.....

.....

.....

.....

.....

.....



What clothes would you wear?

.....

.....

.....

.....

.....

.....

Who would be with you?

.....

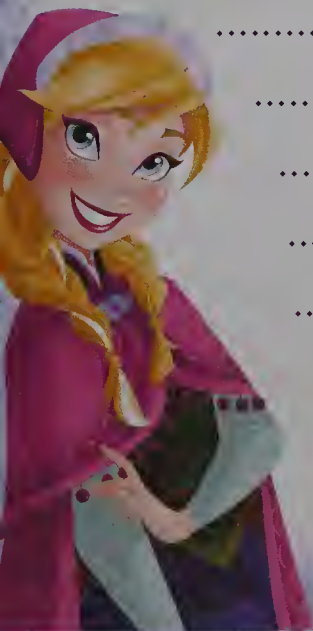
.....

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.....



ROYAL ENGAGEMENTS

Make sure you never miss a thing!
Write down all the occasions and parties
for the next year below.

January

.....
.....
.....

February

.....
.....
.....

March

.....
.....
.....

April

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.....
.....

May

.....
.....
.....

June

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.....
.....

July

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August

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September

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October

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.....

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November

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.....

.....

December

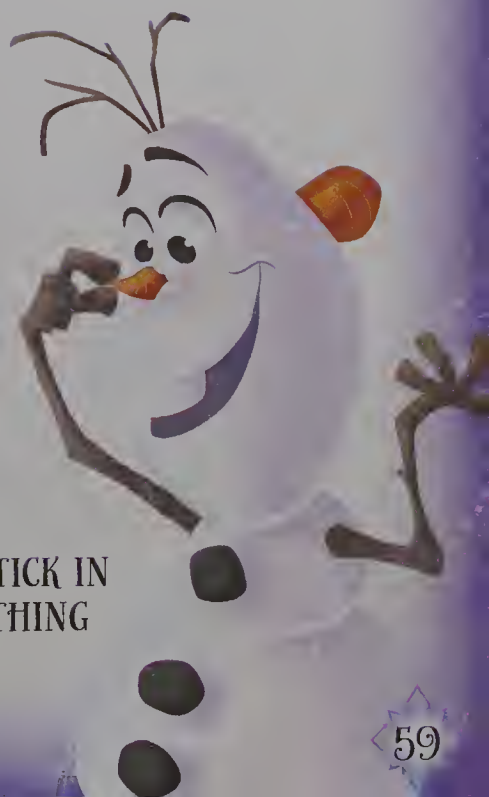
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ENCHANTED SCRAPBOOK



USE THESE SCRAPBOOK PAGES TO STICK IN
PHOTOS AND DRAWINGS OF EVERYTHING
THAT INSPIRES YOU.

AMAZING ARENDELLE

There are lots of great people in Arendelle. Who is your favourite? Draw them in the space below.



MARSHMALLOW

This snowy monster was created by Elsa to protect her icy palace in the North Mountains. Despite his fierce appearance, he's actually not as mean as he looks. He is never seen in Arendelle and instead he still lives in the mountains in the ice palace.



SNOWY STORY

In the space below, write your own
icy tale. Will it be about a *Frozen* character
or your own adventures?

ONCE UPON A TIME...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..THE END.



DAZZLING DESIGNS

Anna and Elsa have some great outfits but
what do you like to wear? In the space below,
create some amazing new designs.

DRAW AN AMAZING OUTFIT HERE!

I WILL WEAR THIS OUTFIT...

.....

DRAW AN AMAZING OUTFIT HERE!

I WILL WEAR THIS OUTFIT...

.....



MAGIC WISHES

Olaf wishes he could live in the summer. What do you always wish for? Draw your wishes here!

WISH 1

WISH 2





WISH 3

MY PARTY PLANNER

Plan an amazing party for you and your friends!

I am planning a party
because:

Location:

Date and time:

Theme:

I will wear:

My cake will be:

Dream food to eat:

My party playlist:

Games to play:



INVITATION LIST

NAME	GIVEN INVITATION	GOING/CAN'T COME

ENCHANTED SCRAPBOOK

USE THESE SCRAPBOOK
PAGES TO STICK IN PHOTOS
AND DRAWINGS OF EVERYTHING
THAT INSPIRES YOU.



DELICIOUS DISH

Sven loves to eat carrots. What's your favourite food? Draw it in the space below.



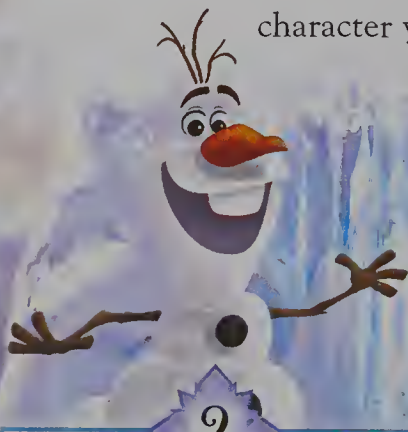
MAGICAL COLOURING

Decorate Anna and Grand Pabbie using
your best pens and pencils.



CHARACTER PALS

Answer the questions below, then
turn the page to discover which
character you are most like!



2

WHAT DO YOU LIKE
TO DO IN YOUR
SPARE TIME?

- A. BE ALONE
- B. ANYTHING FUN
- C. PLAY WITH MY PETS
- D. MEET NEW PEOPLE

1

CHOOSE A COLOUR:

- A. BLUE
- B. PURPLE
- C. BROWN
- D. WHITE

3

CHOOSE A SEASON:

- A. WINTER
- B. SPRING
- C. AUTUMN
- D. SUMMER

4

WHAT IS MOST
IMPORTANT TO YOU?

- A. BEING YOURSELF
- B. FAMILY
- C. CARING FOR NATURE
- D. MAKING OTHERS HAPPY

5

WHICH GIFT WOULD
YOU LOVE TO RECEIVE?

- A. NEW GLOVES
- B. CHOCOLATE
- C. A SLEDGE
- D. A SUMMER SHIRT

6

WHERE DO YOU LIKE
TO GO ON HOLIDAY?

- A. ANYWHERE QUIET
- B. SOMEWHERE WITH
LOTS TO EXPLORE
- C. CAMPING IN THE WOODS
- D. SOMEWHERE REALLY HOT

7

HOW WOULD YOUR
FRIENDS BEST
DESCRIBE YOU?

- A. QUIET
- B. EXCITABLE
- C. FRIENDLY
- D. ADVENTUROUS

ANSWERS



Mostly As

You're Elsa! Although you enjoy being with friends, you also relish time by yourself.



Mostly Bs

You're Anna! Excitable and always at the centre of the action, you love to fill every spare second.



Mostly Cs

You're Kristoff! You enjoy the great outdoors and some of your best friends are pets.



Mostly Ds

You're Olaf! Your sunny personality matches your love of sunny weather!



ELSA'S ACTIVITY JOURNAL

TELL ELSA ALL YOUR
SECRETS IN THIS COOL,
LOCKABLE JOURNAL!

BURSTING WITH FUN ACTIVITIES
TO COMPLETE, PLENTY OF SPACE TO
WRITE AND OVER 150 ICE-TASTIC
STICKERS, JOIN ELSA AND LET
YOUR CREATIVE SIDE GO.



WARNING:

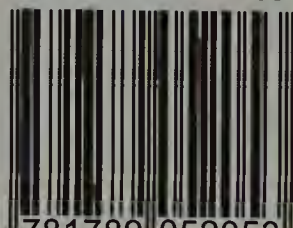
CHOKING HAZARD – Small parts.
Not suitable for children under 3 yrs.



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